

KIDS CAN'T WAIT!



st.giles



See your donations at work, take a visit



Evan Hughes

Grammar Walkathon

Many tired teenage feet helped the Grade 12 students of Launceston Church Grammar School raise many thousands of dollars for StGiles on their 56th annual Walkathon.

Every year the young people of Grade 12 undertake a 24-hour, 80km walk.

The walk follows a statement by John F Kennedy that a person becomes an adult if they can walk 50 miles in a day.

This year's Grade 12 has had the privilege of learning alongside Lachie Moore, 18, who lives with cerebral palsy.

Lachie has proved an inspiration to students across the entire Grammar community with his intelligence and willingness to share the world through his eyes and thus, open the eyes of many and break down perceptions and prejudices that often come with a disability of any kind.

Lachie and StGiles were proud to have the chance to share what we've learned and understand about cerebral palsy



Law Society announces collaboration with StGiles

The work of StGiles has been recognised by the Law Society of Tasmania.

In January, incoming Law Society President Evan Hughes announced he had chosen StGiles to be the Society's charity of choice during 2019, the term of his presidency.

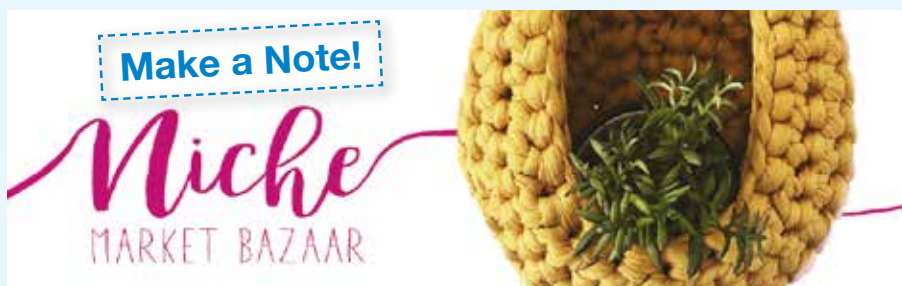
Some 650 Tasmanian lawyers are members of the Law Society, which turns 57 this year.

Tasmania's lawyers have a unique understanding of the scale of need of vulnerable Tasmanians.

Law Society members are among some of Tasmania's most respected citizens and contributors to the betterment of the lives of others.

They have a front row seat on the diversity of life and the vagaries of people's circumstances in Tasmania.

By choosing to support StGiles during 2019, the Society will take our message further and help even more people understand the breadth and depth of our services



Mother's Day Niche	Sat May 11	Albert Hall Launceston
Starry Night Niche	Fri August 9	Albert Hall Launceston
NW Niche	Sat November 16	Burnie Arts & Function Centre, Burnie
Nichemas	Sat November 30	Albert Hall Launceston



Cover photo taken by Sarah Rhodes at the Studio Space Theatre Company Showcase, George Van Dijk pictured, 25 November 2018

Take a Walk on StGiles WildSpace

A playground for children who have missed out on learning how to play outside was opened at Amy Road in early April.

We call it **WildSpace**.

The first group of nine children to benefit from the space came from the Waverley Primary School Launch Into Learning playgroup.

What a sight they were.

Making mud pies, 'cooking' and making 'pots of tea' as well as building cubby houses and shelters out of recycled 'junk'.

They were finding strawberries and picking tomatoes.

Most of us remember days of mud pies and cubby houses, but many of today's children have never experienced such joy.

The project was 100 per cent funded by donations

We stretched every dollar you donated and built a resource that we want to share with like-minded individuals and organisations to enrich early childhood for kids who might otherwise be at risk of anti-social behaviours when they start school.

The project was funded from some anonymous benefactors as well as the Rotary Club of Central Launceston, a local Trust, administered by Tasmanian Perpetual Trustees and people like Ken Padgett and the good folk at the Pump Shed, TP Jones, One Steel, Island Block and Paving and JP Dunn.

Our friend at Interweave Arts Kim Schneiders even gave us some fabulous purple flags and **WildSpace** is alive with potential – as well as zucchini, tomatoes, parsley, strawberries and chives! I'd love to show you around StGiles, if you have time.

Please call 63457338 if you would like to pop by for a visit or email danielleblewett@stgiles.org.au



2020 Twilight Balfour Burn



Launceston's favourite hill-climb challenge, the Balfour Burn, will be back in March 2020.

The new look, Twilight Balfour Burn is set for Friday, March 20 next year.

The last Balfour Burn was held in November 2016 and organisers say they hope it will become a regular autumn, twilight fun run on Launceston's calendar of events.

"The purpose of the Burn is to inspire," the event's creator StGiles Danielle Blewett said. "The idea is



to encourage people to move out of their comfort zone for a good cause.

When you see a child wearing splints walking unaided to the top of the hill, or a young road accident victim walking with sticks and his mum alongside or the extreme ability of a person in a wheelchair summiting Balfour St, the event goes beyond plain participation to pure inspiration," Ms Blewett said.

Community volunteers have come on board to guide and support the 2020 event and StGiles is looking for a naming rights sponsor and in-kind

sponsors to help cover the event's \$10,000 cost.

Volunteers include Park Run's Craig Boon; Launceston Running Club's Michelle Frost; StGiles supporter and parent, Meegan Murray, Channel 7's Graeme Hodges; Launceston business man Jonty Barnett and CBA relationship manager Michael Howard.

More entertainment, an outside broadcast screen, a Balfour Beer (with tequila), souvenir medals, recovery physios and prize money are currently on the wish list for the 2020 event.

Burn facts:

- Balfour Burn course is 420m long, rising to 65m with a 25 per cent grade.
- Balfour Burn aims to grow resilience and inclusion for people of all ages and abilities
- First Balfour Burn – March 2014 – 800 people climbed the hill and raised \$10,000 for StGiles.





StGiles and Aged Care



ASSISTANCE | REHABILITATION | CARE

StGiles has quietly and successfully developed a statewide specialist range of its services to help older Tasmanians or Tasmanians recovering from accident or trauma.

Our expertise in mobility and communication equipment is among Tasmania's most innovative and we know our occupational therapy and equipment teams are highly skilled.

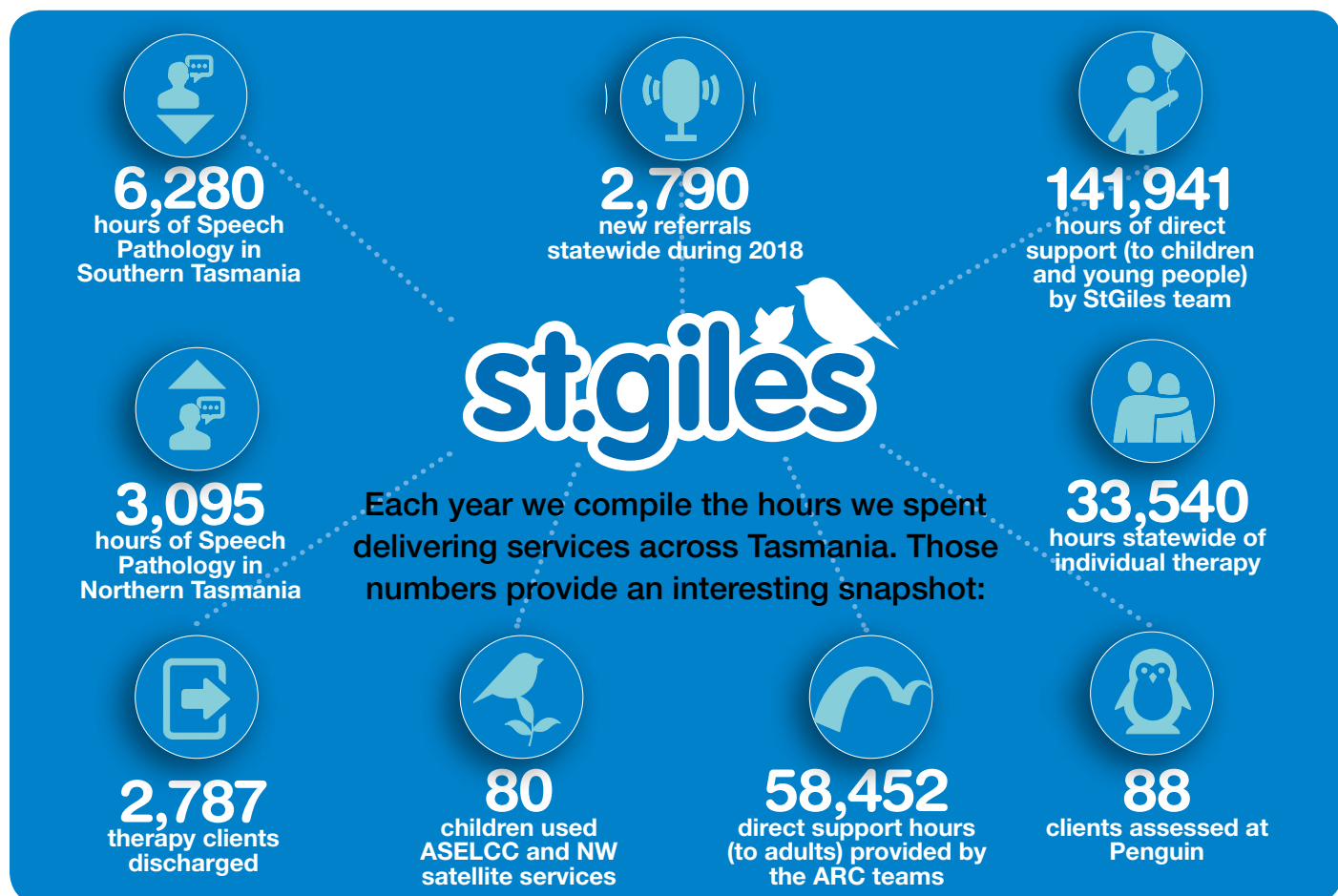
We identified gaps in services as part of our review of StGiles within the NDIS and during the past five years we've worked to bring together a suite of services for aged

care, rehabilitation, palliative care and of course, disability support.

We are also registered to provide community based, long or short term, attendant care to motor vehicle accident victims.

You may have received a brochure earlier this year or seen our ARC Support Services television commercial on Channel 7?

We are MAIB, MyAged Care, NDIS ISO accredited and hold accreditation for Attendant Care Industry Association (ACIA). And our teams welcome any enquiries on 1300 406 470 



Maglia Nera Circumnavigation of Tasmania for StGiles



In April an Italian-based road cycling tour company brought riders from overseas and interstate for an 1125km

circumnavigation of Tasmania to raise money for StGiles.

Maglia Nera Tours, based in Treviso, heard about StGiles from a Launceston road cyclist, Jonty Barnett.

Mr Barnett, whose daughter Emma, 8, has cerebral palsy, welcomed the initiative.

Participants rode some of the five stages or all.

The tour started at StGiles Amy Road on Friday March 29 went to Gowrie Park before stages to Tullah, Queenstown, Tarraleah, Hobart, Port Arthur, Swansea, St Helens and back into City Park Launceston on Saturday April 6.

City of Launceston Mayor Albert van Zetten welcomed the tour back into the city with a StGiles family picnic.

The riders target was \$5000 🐦



Make a Note!

Saturday June 22

Tables of 10

\$300 (includes snacks)

Contact lizzywest@stgiles.org.au

Mark Shelton to Walk to Hobart in October

The Hon Mark Shelton will brave the Midland Highway in October to walk 196km to Hobart for StGiles.

Mr Shelton's grandson, Evan, uses our services and is a bundle of what his pop calls 'double love'.

Two years ago Mr Shelton bravely walked through rain and snow and raised \$22,000 for StGiles.

His offer to step out again was unexpected, especially after he turned 60 in February.

He said that while his fitness permits, he'd like to have another go, but this time with better waterproof gear!

He is an inspiration and we are grateful and humbled 🐦



INCLUSIVITY

Inclusivity was held at the Town Hall in February.

Inclusivity replaces the traditional StGiles Annual General Meeting. The event gives us a chance to recognise people and community groups who step up and help StGiles as well as giving StGiles a chance to show our community how we use its donations 🐦



StGiles Chairman, Ben Coull



Seating, Equipment Modifications Assessment Team presentation



Mark Shelton



Wesley Polden, representing Woolworths



Jeanette Gleason, of the Newstead Hotel



Craig Youl, Qube Ports



Jason and Mary Henderson of Hawthorne Hill Farm



Annalise Shearing



Melissa Wimmer School of Dance



Don and Marlene Cameron of Mudbar Restaurant



Dennis and Elaine Fairfield



Peter Gee



Heather Stewart of F&W Stewart Jewellers



Damien Brown



New Member of StGiles Board, Mark Baker of The Examiner Newspaper



Glenn and Cynthia Turner



Let's Talk About Poo & Wee & Dignity

An on-road, Tasmania-wide continence clinic called **Wee Right Poo Too**, will give Tasmanians up to age 65 the information and skills they need to manage one of the most common problems that we just don't talk about.

StGiles clinical nurse educators Elisha Deegan and Nadene MacIntosh have just completed Australia's most recognised continence accreditation, the Continence Foundation's Graduate Certificate in Continence Promotion and Management.

Now they are keen to spread the word. The pair promote their mobile clinic wearing yellow and brown tutus. They have a repertoire of 'clean' poo and wee jokes and even a jingle.

"We want to help people reclaim their dignity and freedom, but we've found humour works wonders, especially with children" Ms Deegan said

"When we learned that people have to travel to Hobart for continence support we decided to find a way to get qualified and create a bit of a travelling poo and wee roadshow," Ms Deegan said.

The pair is qualified to help people of any age with continence education and the always-evolving range of products and devices.

Did you know?

- 5 million Australians are affected by incontinence.
- Incontinence affects men, women and children of all ages and backgrounds.
- It can be treated and in many cases cured